

# FITNESS

## Pedometers Help Walkers Stay on Track

### How many steps do you take each day?

The U.S. Surgeon General recommends 10,000, but most Americans do half that. Walking is one of the easiest ways for people to get started in physical activity. Maybe you have heard the guidelines about walking 10,000 steps per day. How far is 10,000 steps anyway? The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles. A sedentary person may only average 1,000 to 3,000 steps a day. For these people adding steps has many health benefits.

There are many ways to increase your daily steps. Use your imagination and come up with your own list:

Take a walk with your  
spouse, child, or friend

Walk the dog

Use the stairs instead of the  
elevator

Park farther from the store

Better yet, walk to the store

Get up to change the channel

Window shop

Plan a walking meeting

Walk over to visit a neighbor

Get outside to walk around  
the garden or do a little weeding

Prevention Partners has pedometers for the price of \$3.60. It is important to add physical activity into your daily routine. Below is an order form you can copy and mail into Prevention Partners to order a pedometer.

### Pedometer Order Form

Please Print

Name: \_\_\_\_\_ Price: **\$3.60** (Price Includes Tax)

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Work Telephone: \_\_\_\_\_ Home Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Make check payable to Employee Insurance Program (EIP). Do not send cash.**

Mailing Address: Prevention Partners, 1201 Main Street – Suite 300 Columbia, SC 29201

